

Nutrition profile of plant-based dairy alternatives in Europe



Plant-based drinks

250ml Median (range) nutritional values per serving (n=249)



Saturated fat

0.5g (0-2.3g)

All varieties except coconut



Coconut at 2.8g
(0.3-7.8g)

Energy

98kcal (30-178kcal)

Almond drinks have the lowest cal



Total sugars

5.5g (0-17.5g)

All varieties except rice

Rice at 16g (0-22.8g)



Little difference between sweetened and unsweetened

Protein

7.8g (5-9.8g) **Soya**

All other varieties 1.5g (0-5g)



Micronutrients in non-organic variants* (n=154)

Calcium

300mg (0-463mg)

80%
fortified

Iodine

0µg (0-90µg)

12%
fortified

Vitamin D

1.88µg (0-3.75µg)

71%
fortified

Vitamin B2

0.25mg (0-1.25mg)

50%
fortified

Vitamin B12

0.95µg (0-1.73µg)

64%
fortified



Plant-based alternatives to yogurt[#]

150g Median (range) nutritional values per serving (n=60)



Saturated fat

0.6g (0.2-1.2g)

All varieties except coconut



Coconut at 7.7g
(1.7-22.5g)

Energy

117kcal

(59-260kcal)

Varied significantly



Total sugars

Unsweetened (68%):

0.8g (0-8.7g)

Sweetened: 6.8g
(0.6-18.8g)



Protein

6.4g (5-9g) **Soya**

All other varieties 1.5g (0.6-6.8g)



Micronutrients in non-organic variants* (n=47)

Calcium

180mg (0-240mg)

62%
fortified

Iodine

0µg (0-34µg)

9%
fortified

Vitamin D

0µg (0-2.25µg)

49%
fortified

Vitamin B2

0mg (0-0.4mg)

21%
fortified

Vitamin B12

0µg (0-0.9µg)

47%
fortified

* European organic food regulations do not permit fortification of organic plant-based dairy alternatives and therefore they have been excluded from our micronutrient analysis. # including Greek-style varieties